

WHO Early Adolescent Skills for Emotions (EASE):

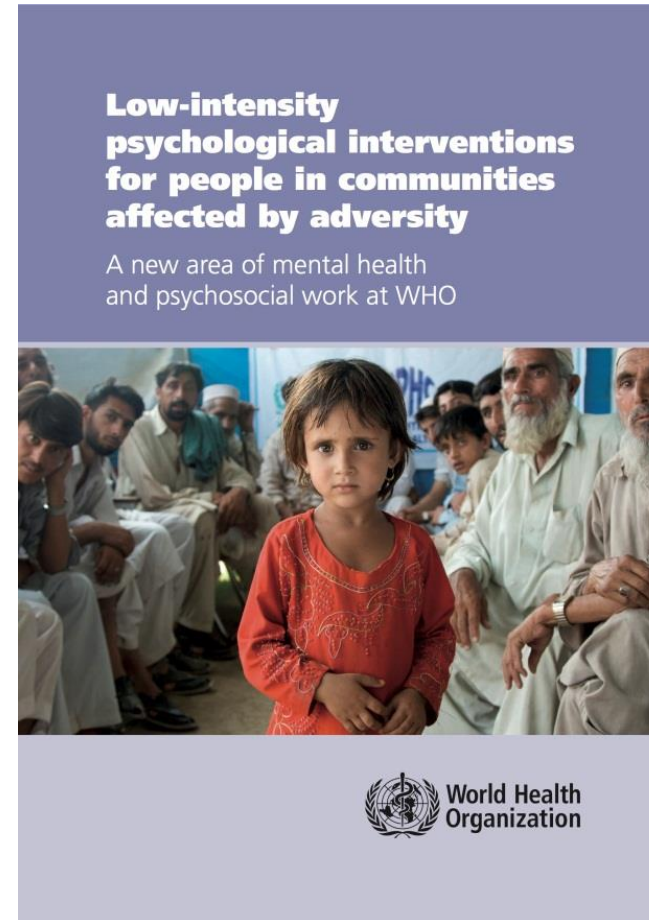
A potentially scalable psychological intervention for young adolescents and their caregivers, living in communities affected by adversity

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**On behalf of EASE Research Team(s):
Department of Mental Health and Substance Use
World Health Organization**

Background

- **Adversity** (humanitarian, poverty, violence, post-conflict...)
- **Top ten burden of disease & injury, 10–24-year-olds:** depressive disorders, self-harm, anxiety disorders
- Demand for **younger adolescents (10–14yrs)**



https://www.who.int/mental_health/management/scalable_psychological_interventions/en/

Principles for potential scalability

- Transdiagnostic
- Brief
- Group delivery
- Feasible for non-specialist providers
- Adaptable to different contexts, adversity

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EASE intervention

Target

- 10-14 years old; & caregivers
- Internalising problems

Intervention

- Group
- 7 weekly sessions - young adolescents
- 3 x sessions - caregivers

Delivery

- 2 vs 1 provider
- Protection pathways
- Intervention manual, storybook, & associated materials

EASE young adolescent strategies

- Psychoeducation
- Stress Management
- Behavioral Activation
- Problem Solving
- Relapse prevention



EASE caregiver strategies

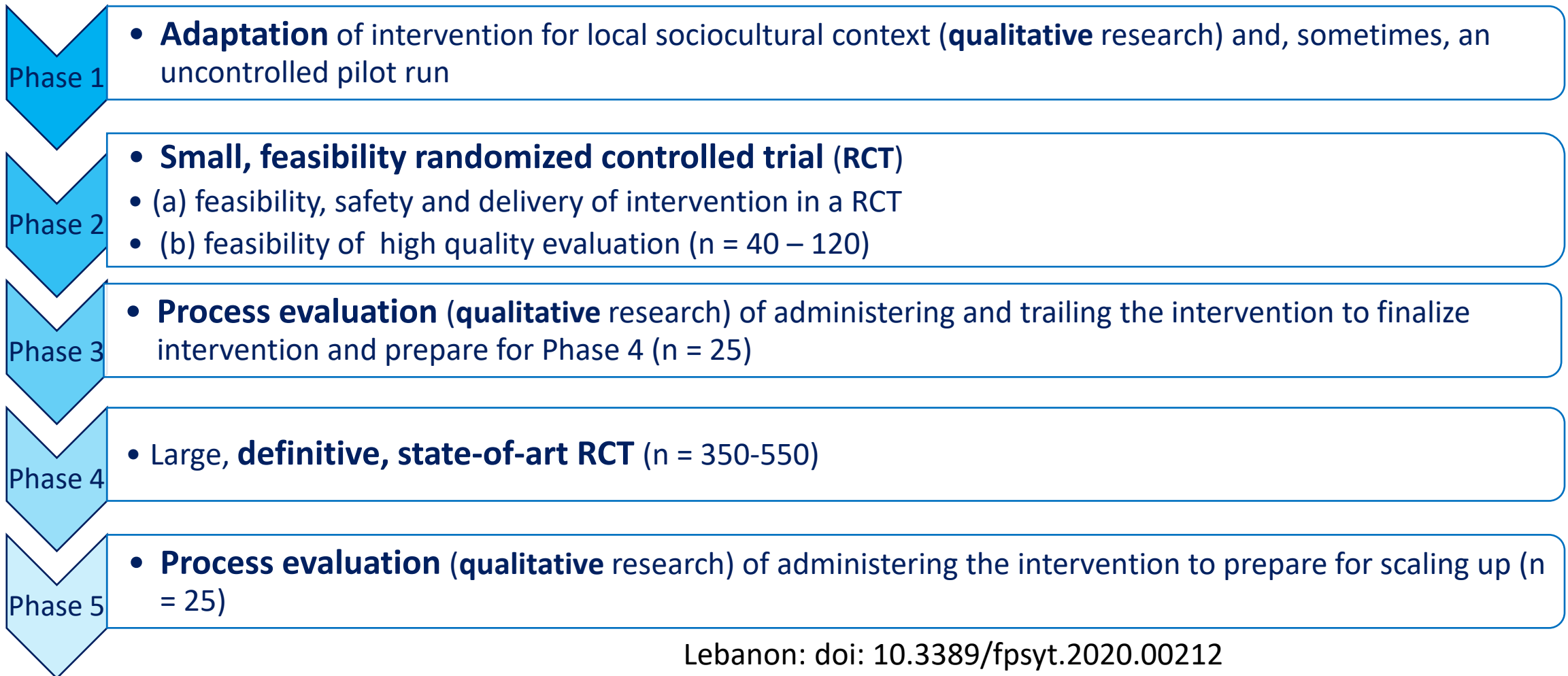
- Psychoeducation
- Emotion identification and active listening
- Quality time
- Praise
- Alternatives to harsh punishment
- Self care
- Relapse prevention



EASE testing sites



Country (design)	Jordan (RCT)	Lebanon (RCT)	Pakistan (cRCT)	Tanzania (feasibility cRCT)
Partners (funders)	UNSW, IFH (R2HC)	WCH (EC Horizon 2020)	HDRF, UoL (MRC, DfID, NIHR)	IRC, JHU (Oak Foundation)
Target	Syrian refugees	Syrian, Palestinian refugees, Lebanese nationals	Rural school attending children in Rawalpindi	Burundi refugees
Delivery	Community	Community	Schools	Camp
Primary outcome	PSC	PSC	PSC	AYPA



Lebanon: doi: 10.3389/fpsy.2020.00212

Tanzania: doi: 10.21203/rs.3.rs-295574/v1

Jordan, Lebanon: doi:10.1186/s13063-019-3654-3

- EASE, (N= 185) , EUC (N= 286)
- **Adolescents:**
 - PSC-internalising scale
- **Caregivers:**
 - psychological distress
 - inconsistent disciplinary parenting
- **Mediation analysis:**
 - indirect path - receiving EASE and greater reductions in child internalising symptoms via reductions in caregivers' inconsistent disciplinary behaviours
- **No other effects** on adolescent measures

The specific aims

1. To examine *relevant concepts*
2. To *adapt the English standard EASE* protocol for Burundian early adolescents in Tanzania
3. To understand the *cultural acceptability and feasibility* of the adapted EASE intervention with Burundian early adolescents in Tanzania
4. To develop and test the research protocol to *explore potential effectiveness* of the EASE intervention with Burundian early adolescents in Tanzania

- Adaptations based on the findings of this study are anticipated to enhance relevance and acceptability of the EASE intervention and its delivery for camp-residing Burundian refugees in Tanzania
- Singh, A., Nemiro, A., Malik, A., Guimond, M. F., Nduwimana, E., Likindikoki, S., Annan, J., & Tol, W. A. (2021). Cultural adaptation of a scalable psychological intervention for Burundian refugee adolescents in Tanzania: a qualitative study. *Conflict and Health*, 15(1), [73]. <https://doi.org/10.1186/s13031-021-00391-4>

Closing comments

- **EASE:**

- promising for adolescents with internalising symptoms affected by adversity

Further consideration:

- principles of implementation

Potential:

- entry, delivery, integration in wider child/family sectors
- stepped care / options of delivery (HAT, STARS)



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